

Preparation for an endoscopic examination

Colonoscopy

1. Follow a low-fiber diet for 2-3 days (see below).

2. Choose a drug used for colon cleansing (Fortrans, Colokit,

Lavacol, Picoprep, Moviprep, Eziclen) and take it on the day before the procedure or you can prepare for this by a method known as split dosing or a “two-step method” (on the day before the examination + on the morning of the examination).

NB: On the day of your examination complete the full preparation and stop drinking all fluids no later than 4 hours before the procedure!!!

3. On the day of your examination **DONOT**drink (except for a drug used for colon cleansing by the "two-step method") and **DONOT**eat anything!

FORTTRANS

Follow a low-fiber diet for 2-3 days (see below). On the day before the procedure, breakfast and lunch are allowed according to the low-fiber diet.

Instructions for use:

- If the examination is scheduled between 8:00 a.m. and 10:00 a.m., on the day before the procedure, drink 4 liters of the FORTTRANS solution (1 sachet of powder should be dissolved in 1 liter of water, one glass of the preparation solution is drunken every 15 minutes. In total 4 liters of laxative solution) from 5:00 p.m. to 9:00 p.m. (or from 6:00 p.m. to 10:00 p.m.).

NB! Add 30-50 ml of Espumisan in liquid form or Bobotic to the last liter of the solution, then stir the mixture and drink it!

- If the examination is scheduled between 11:00 a.m. and 3:00 p.m. on the day before the procedure, drink 2 liters of the FORTTRANS solution from 6:00 p.m. to 8:00 p.m. On the morning of the examination, drink another 2 liters of the FORTTRANS solution.

NB! Add 20-30 ml of Espumisan in liquid form or Bobotic to the last liter of the solution, then stir the mixture and drink it!

Complete the preparation at least 4 hours before the procedure!!!

COLOKIT(tablets)

Age contraindications: children under the age of 18;

adults older than 75 years

Follow a low-fiber diet for 2-3 days (see below).

- On the day before the procedure, have breakfast according to the low-fiber diet. You can only have clear liquids for lunch, broth is allowed.
- On the evening before the colonoscopy, take 20 tablets of Colokit (4 tablets follow immediately with one full glass (250ml) of water or approved clear liquid at intervals of 15 minutes - a total of five intakes).
- On the morning of the colonoscopy, take the remaining 12 tablets of Colokit (4 tablets follow immediately with one full glass (250ml) of water or approved clear liquid at intervals of 15 minutes - a total of three intakes) 6 hours before the examination.

EZICLEN

Follow a low-fiber diet for 2-3 days (see below).

- On the day before the procedure, have breakfast according to the low-fiber diet. You can only have clear liquids for lunch, broth is allowed.
- On the evening before the colonoscopy, empty the content of one EZICLEN bottle into the provided plastic cup, add water until it reaches the indicator line (i.e. up to 500ml).
- Drink the solution + 1 liter of drinking water within 2 hours.
- On the morning of the colonoscopy, repeat the evening preparation.
NB! Add 20-30 ml of Espumisan in liquid form or Bobotic to 1 liter of drinking water, then stir the mixture and drink it!

Complete the preparation and stop drinking all fluids at least 4 hours before the procedure!!!

LAVACOL

Follow a low-fiber diet for 2-3 days (see below).

On the third day, only liquids are allowed: clear fruit juices without pulp, sweet tea/coffee, fruit drinks.

- On the day before the examination, LAVACOL should be taken **strictly according to the instructions**: the package contains 15 sachets. Dissolve the contents of each sachet (14 g) in 200 ml of water and drink a glass of the solution at intervals of 20 minutes.
- Recommended hours of taking the drug are from 2:00 p.m. to 7:00 p.m.

PICOPREP

Follow a low-fiber diet for 2-3 days (see below).

On the day before the procedure, i.e. on the day Picoprep is taken, only liquids are allowed: clear fruit juices without pulp, sweet tea/coffee, fruit drinks without berries, broth is allowed. You must drink at least 3 liters of clear fluids.

On the day before the examination, PICOPREP is taken according to a one-step method or a two-step method may be used (the first step - on the evening before, the second step - on the morning of the colonoscopy)!

Complete the preparation and stop drinking all fluids at least 4 hours before the procedure!!!

One-step method (on the evening)

- From 4:00 p.m. to 6:00 p.m. drink 1 glass of water, then dissolve

the contents of 1 sachet of PICOPREP in a glass (150 ml) of water. Drink the solution and follow with 4 glasses of water.

- From 10.00 p.m. to 12.00 a.m. (midnight), drink 1 glass of water, then dissolve the contents of 1 sachet of PICOPREP in a glass (150 ml) of water. Drink the solution and follow with 3 glasses of water. NB! Add 20-30 ml of Espumisan in liquid form or Bobotic to 1 liter of drinking water, then stir the mixture and drink it!

MOVIPREP

Follow a low-fiber diet for 2-3 days (see below).

One-step method (on the evening)

The day before the examination:

- 7:00 p.m. - 8:00 p.m. take the first liter of the drug solution (the contents of a sachet A and a sachet B should be diluted with a small amount of non-carbonated drinking water at room temperature, then stir the solution until complete dissolution, bring the solution to 1 liter of water, stir it, the drug solution is taken fractionally, take it every 15 minutes for 250 ml) + drink 500 ml of water.
- 9:00 p.m. - 10:00 p.m. take the second liter of the drug solution + drink 500 ml of water + dissolve 20-30 ml of Espumisan in liquid form or Bobotic in drinking water!

Two-step method

The day before the examination:

- 8:00 p.m. - 9:00 p.m. take the first liter of the Moviprep drug solution + drink 500 ml of water;
- On the morning of the colonoscopy, take the second liter of the drug solution + drink 500 ml of water + dissolve 20-30 ml of Espumisan in liquid form or Bobotic in drinking water!

Complete the preparation at least 4 hours before the procedure!!!

LOW-FIBER DIET

It is necessary to exclude from the diet:

1. All fruits and vegetables (fresh and cooked).
2. Cereals, seeds, porridge, muesli, nuts, whole-grain bread, rye bread, brown rice.
3. Milk, kefir.
4. All seafood.

Foods that can be consumed for 2-3 days before a colonoscopy:

1. Low-fat broth, pasta, peeled potatoes - mashed potatoes, white rice.
2. Boiled poultry, veal, beef, lean fish, eggs, cheese, sausage products.
3. Plain yoghurts, chocolate, jelly, marshmallow, sorbet.
4. White bread, cookies without cream filling, crackers, muffins, waffles, pancakes.

Anesthesiologist's recommendation

Patients should **avoid** driving for a few hours after endoscopy in which sedation (sometimes called “monitored anesthesia care”) is given.

IMPORTANT: anesthesia, biopsy, polypectomy, and histological analysis of the biomaterial are not included in the base cost of a colonoscopy.